

NOVEMBER

RECIPE

Spaghetti Squash with Chili: Serves 4.

Ingredients:

- 1 2-pound spaghetti squash
- 8 ounces lean ground beef
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 1 14 1/2-ounce can diced tomatoes and green chiles, undrained
- 1 11-ounce can no-salt-added corn, drained
- 1 8-ounce can no-salt-added tomato sauce
- 2 teaspoons chili powder

“ My wife and kids and I dance during commercials. Usually to the music on the commercials. At first I felt stupid but then I started laughing so hard with my kids that I forgot it was physical activity. ”

Todd, Rexburg

- 2 tablespoons no-salt-added tomato paste
- 1/2 teaspoon dried oregano, crushed
- Fresh oregano leaves (optional)

Directions: Preheat oven to 350°F. Halve the spaghetti squash lengthwise and remove seeds and membranes. Place squash halves, cut sides down, on a baking sheet. Bake for 45 to 50 minutes or until tender. Cool slightly. Using a fork, shred and separate the spaghetti squash into strands.



Meanwhile, for sauce, in a medium saucepan, cook ground beef, onion, and garlic until meat is brown and onion is tender. Drain off fat. Stir in all other ingredients. Bring to boiling, reduce heat and simmer uncovered about 10 minutes or until desired consistency. Serve meat sauce with spaghetti squash. If desired, sprinkle with fresh oregano.

SUN	MON	TUE	WED	THU	FRI	SAT
01 Daylight Savings Time Ends	02	03 Election Day	04	05	06	07
08	09	10	11 Veteran's Day	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 Thanksgiving	27	28
29	30	Did you know it's... American Diabetes Month, Great American Smokeout – November 19, National Healthy Skin Month				



Next time you feel hungry between meals, eat a healthy snack like whole wheat crackers with low-fat cheese or a tablespoon of peanut butter with celery or an apple. Choose your snacks with variety, color, portion size and balance in mind.



Healthy Life Tip

Approximately 20% of our youth are smoking and 90% of adult smokers begin while in their teens. What's the best way to quit? Don't start! Quitting tobacco can be very difficult. Tobacco-related health problems are serious and can prevent you from enjoying life. If you use tobacco and you're ready to quit, go to: www.quitnet.com or call 1-800-QUIT-NOW (1-800-784 8669). Trained coaches are ready to help you quit for free!



IDAHO DEPARTMENT OF
HEALTH & WELFARE